

Engineers, Garrison break ground on new barracks

Story and Photo by
DINO W. BUCHANAN
U.S. Army Corps of Engineers-Honolulu District
Public Affairs

SCHOFIELD BARRACKS — The U.S. Army Corps of Engineers-Honolulu District, U.S. Army Garrison-Hawaii, and contractor Absher Construction, broke ground on a new \$35.3 million barracks during a traditional Hawaiian blessing ceremony, here, Feb. 23.

New unaccompanied enlisted personnel housing on Montague Street, here, will eventually house Soldiers of Headquarters and Headquarters Battalion, 25th Infantry Division.

During the ceremony, Lt. Col. Douglas Guttormsen, commander, USACE-HD, told guests that construction of the barracks continues the Corps' strong partnership and commitment to building quality facilities for the garrison and Soldiers returning from deployments.

"Today, with this groundbreaking and site blessing for this barracks, the Corps of Engineers continues our efforts to build the highest-quality facilities for our Soldiers — on time and under budget," Guttormsen said. "Soldiers returning from deployment can look forward to living in a

high-quality, energy-efficient home."

"These barracks are sorely needed for our Soldiers," said Col. Douglas Mulbury, commander, USAG-HI. "Many of our current barracks are older and less energy efficient. These highly energy-efficient barracks provide Soldiers with modern accommodations, while also helping to reduce the post's energy consumption and costs. I also can proudly tell taxpayers outside the gate that we are reducing costs and protecting the aina, or land."

See **BARRACKS, A-4**

"I also can proudly tell taxpayers outside the gate that we are reducing costs and protecting the aina, or land."

Col. Douglas Mulbury
Commander, USAG-HI



PTA POHAKULOA TRAINING AREA

57th MP Co. builds interpersonal skills

Staff Sgt. Manuel Gordillo (right), 57th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, uses a radio during the company's field exercise at PTA, Feb. 18. The unit trained for three weeks to refresh warrior tasks and MP battle drills.

MPs trade tropical paradise for barren-swept lava fields at PTA for company-level training

Story and Photos by
SPC. MARCUS FICHTL
8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

POHAKULOA TRAINING AREA, Hawaii — They slept in-between volcanoes, rode on lava-scorched plateaus, chewed volcanic dust and trained.

The 150 Soldiers of the 57th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, traded in their patrol cars and night sticks for M4 rifles and humvees, and then island hopped from the friendly con-

finer of Schofield Barracks to the barren wind-swept lava fields, here, Feb. 6-28.

"We're here to increase our squad-based capabilities based on the current MP mission set in Afghanistan," said Capt. Lee Monzon, commander, 57th MP Co.

According to Monzon, there's no better environment to replicate a deployment.

The training area is located more than a mile up, on a barren plateau, with swirling red dirt and volcanic dust, which makes the place feel more like training on Mars than in Hawaii.

However, the Soldiers battled the cold, the wind and the dust without a complaint. They brushed up on basic warrior

See **57th MP, A-4**

2nd BCT gets familiar with new weapons systems

Story and Photo by
SGT. ROBERT M. ENGLAND
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — In an Armywide effort to keep Soldiers equipped and up to date with the latest weapons, technology, equipment and doctrine, "Warrior Brigade" Soldiers attended familiarization courses, here, Feb 7-10.

Soldiers from the 2nd Brigade Combat Team, "Warriors," 25th Infantry Division, attended familiarization courses for the M2A1 machine gun and the new M320A1 grenade launcher.

The brief training courses covered the upgrades to the machine gun and introduced Warrior brigade Soldiers to the grenade launcher.

The curricula for both courses provided about a day's worth of instruction, said Brett Little, a training specialist for Tank-Automotive and Armaments Command, or TACOM, Warren, Mich.

The instruction focused on the basic operation for each weapon, Little added.

"We're teaching the characteristics and basic maintenance and operation," Little said. "We're not showing these Soldiers how to shoot, but, instead, how to effectively use the weapon."

The instruction also covered revisions to the M2A1 machine gun over its predecessor, the M2, Little said.



Soldiers from the 2nd BCT, 25th ID, practice clearing procedures for the M2A1 machine gun during a familiarization course, Feb. 8, at Schofield Barracks.

"The M2A1 makes the operator's life a lot easier," Little explained. "There's no more headspace and timing; it's already set for them. The barrel is also a quick-change barrel and can be

See **2nd BCT, A-3**

DEPLOYED FORCES Kandahar Air Wing conducts its first air assault mission

Story and Photo by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

KANDAHAR PROVINCE, Afghanistan — As Afghan National Security Forces begin to take the lead in providing security for the people of their country, coalition forces have moved towards more of a mentoring role when conducting joint combat missions.

In Regional Command-South, here, the Kandahar Air Wing has begun to take its first steps toward conducting operations on its own.

The Kandahar Air Wing executed its first air assault operation, here, Feb. 21, to disrupt and counter Taliban efforts.

"This was the first joint air assault the KAW planned and conducted," said Capt. Douglas Kinkennon, commander, Company A, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division. "During the mission, the Kandahar Air Wing demonstrated proficiency with its aircraft. The air wing reacted well to some unexpected landing conditions."

For the air assault, the 25th CAB provided its vast experience in mission planning to the Afghan Air Wing. Part of the experience included providing two, OH-58D Kiowa Warrior helicopters for reconnaissance and security.

"The Kiowas helped provide the KAW air crews to factor in air-to-air communication to confirm the landing zone location and status," said Maj. Judah Lyons, plans, 25th CAB.

After the mission was complete, aircrews returned to the Kandahar Airfield to conduct an after-action review.

Lt. Col. Atuallah, squadron commander, KAW, said he was very pleased with the performance of his pilots during the planning, briefings, rehearsals, and with the success of the mission.

"All the elements involved were well prepared for the mission," Lyons said. "Their confidence and ability to react to unexpected variables contributed to the success of the operation."

According to Lyons, all units left the training with the highest confidence. Units left knowing their Soldiers were properly trained to fly the Mi-17 helicopter and to coordinate with multiple aircraft from different countries executing a combined air assault operation.



Capt. Douglas Kinkennon (middle), commander, Co. A, 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID, speaks with two 1st Bde., 205th Corps ANA soldiers before conducting an air assault rehearsal with the Kandahar Air Wing in the Kandahar Province, Afghanistan, Feb. 19.

25th CAB flies high | A-3

"Wings of Lightning" keeps Afghanistan's skies safe for warfighters.

Safety stand-down | A-5

TAMC, SBHC reinforce patient and personal safety.

Saving the snails | B-1

More than 300 kahuli tree snails call new one-of-a-kind enclosure home.



Improved walkway | B-3

84th Eng. Bn. upgrades Richardson Pool's old, worn-out sidewalk.

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3156, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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56 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 3/1/12.

USARPAC hosts Army chief of Transportation

Story and Photo by
STAFF SGT. CASHMERE C. JEFFERSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — The 26th chief of Transportation for the Army and commandant of the Army Transportation School, visited, here, Feb. 10.

Col. Stephen Farmen spoke to more than 150 Soldiers at the Aliamanu Military Reservation Chapel about the current state and future of the Transportation Corps during his tour of the Pacific.

“As the Army transitions, the (Army) Transportation Corps has to stay healthy to provide the right capabilities for our Army and for the joint community that we support to evolve smartly into the 21st century,” Farmen said.

He added that Soldiers of the Corps are at the tip of the spear for the strategic pivot as the Army focuses on the Pacific.

“We understand the needs and requirements of the Army. Through initiatives that we’re working, we are moving in the direction that meets the needs of the (U.S.) Pacific Command,” he said.

Command Sgt. Maj. Bryan Elder, 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command, brought his youngest Soldiers to give them a better perspective of transportation transformation.

“Leaders at the Transportation Corps are trying to change the way the Army looks at us, so that people understand that we’re not just truck drivers,” Elder said. “They understand our importance and what we bring to the fight.

“Although we’re downsizing our force, our capabilities are improving. Soldiers and noncommis-



Col. Stephen Farmen (standing), 26th Army chief of Transportation and commandant of the Army Transportation School, at Fort Lee, Va., speaks to Soldiers about the current and future state of the Transportation Corps, Feb. 10.

sioned officers need be educated, flexible and mobile,” Elder added.

Farmen emphasized that these are exciting times to be part of the Transportation Corps.

“As we look at our formations now, we have to optimize, imagine where we can be and innovate and invent our way forward, so we can maintain our readiness and capabilities,” Farmen explained. “We

are going to turn the corner on some interesting modernization effects, while the branch is moving toward an energy efficient future to reduce the Army’s fuel footprint.”

Transportation Soldiers are the most capable Soldiers in the Army, Farmen added.

“We are the spearhead of logistics; nothing happens unless something moves,” he said.

UNVEILING THE COLORS

DEPLOYED FORCES



Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

FORWARD OPERATING BASE WOLVERINE, Afghanistan — Lt. Col. Kelly Hines (left), commander, and Command Sgt. Maj. Trefus Lee, senior enlisted leader, 2nd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, uncased the battalion colors during a transfer of authority ceremony, here, Feb. 11.

FOOTSTEPS in FAITH

The time between our ‘dash’ is precious

CHAPLAIN (CAPT.) PHILIP JEON
307th Expeditionary Signal Battalion,
516th Sig. Brigade, 311th Sig. Command

On the officer side of the Army, there is a document called “-1,” that is, “dash 1,” which is the officer’s support form in preparation for an officer evaluation report.

The Army has recognized the significance of this dash in the military arena, and it is likewise significant throughout human history.

Civilizations throughout history have also recognized the significance of the dash, which is evident on our respective tombstones and grave markings.

What is the dash all about?
When someone dies, two dates are normally included in the obituary and, subsequently, the tombstone: date of birth and date of death. The two dates are separated by a dash, and it represents the time the person spent on earth.

If you are an important public figure, chances are you will have an obituary published in the newspapers. It could be written either by a journalist or an equally famous friend who knows you well. The recent death of Whitney Houston is a clear reminder to us all.

Your list of accomplishments will be faithfully

noted down. Things like the day you made your first million, the many famous people you had dinner with and the day you got a command will be shared.



Jeon

In a stanza of the poem “The Dash,” written by Linda Ellis, she writes, “So when your eulogy is being read, with your life’s actions to rehash, would you be proud of the things they say about how you spent your dash?”

Rich or poor, famous or ordinary, the most meaningful account of anyone’s dash must surely be about how many lives have been touched by this person. Chasing significance in the lives of others instead of fleeting success is the key to a lasting legacy.

Pause for a moment as you read this stanza: “For it matters not, how much we own: The cars, the house, the cash. What matters is how we live and love and how we spend our dash.”

What, then, will your dash be? A sprint through the yellow brick road or an opportunity to make a difference on the road less traveled?

‘Never Daunted’ moves CSF to the forefront

2ND LT. ROBERT M. LEEDHAM
84th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — The “Never Daunted” Battalion added a new twist to its usual weekly maintenance activities in the motor pool.

Michelle Dewberry, coordinator, Army Sexual Assault Prevention and Response Program, was invited to engage Soldiers of the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, on the subjects of sexual assault and sexual harassment, here, Feb. 13.

While speaking, Dewberry stressed the importance of responsible action.

The morning was part of a larger battalion initiative — namely the Comprehensive Soldier Fitness Program, or CSF — which has been headed by the unit’s chaplain, Capt. Mark McCorkle.

McCorkle, along with 1st Lt. Jymette Watrous and Staff Sgt. Cedric Mize, both with the 84th Eng. Bn., developed the program by brainstorming ideas designed to meet the needs of the battalion’s Soldiers.

The three were guided by a research project that has been assessed by a specialized team, including the unit’s physician assistant, staff judge advocate general officer and chaplain’s office.

CSF is a structured, long-term assessment and development program to build the resilience and enhance the performance of every Soldier, family member and Department of the Army civilian. “(CSF) is unique in that it takes all available resources and programs and puts them under five main pillars (of strength): spiritual, physical, mental, family and social,” McCorkle said.

Since the incorporation of the program, services and speakers have been brought from organizations, such as U.S. Army Garrison-Hawaii’s Directorate of Family and Morale, Welfare, and Recreation, as well as educational services on post.

Each representative is asked to reach out to Soldiers, discuss what is currently available and encourage good and moral decision-making.

“Many Soldiers already know a lot about what the Army has to offer in regards to (CSF); however, many don’t know where to go or have the time,” Watrous said. “By bringing these organizations into the battalion every week, we expose these resources to the Soldiers and make them more accessible with minimal effort on the part of the Soldiers.”

CSF

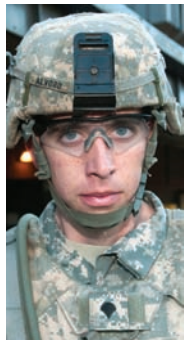
To learn more about the Army’s CSF Program, visit

• <http://csf.army.mil>

Voices of Ohana

How do you keep up with candidates during this election season?

Photos by 2nd Brigade Combat Team Public Affairs, 25th Infantry Division



“It is good for Soldiers to be part of the election process, but they need to ensure they are making an informed decision.”

Spc. Jordon Alvord
Co. B, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID



“This will be my first time voting, and I feel we should have the right person in charge.”

Pfc. Cierra Hemphill
HHC, 225 BSB, 2nd BCT, 25th ID



“It’s my right to vote. Once I do my research, I’ll be able to make an informed decision.”

Spc. Nephethiah King
HHC, 225 BSB, 2nd BCT, 25th ID



“I will be voting, because I want the right person in office to represent the nation.”

Sgt. Jonathan Petty
HHC, 225 BSB, 2nd BCT, 25th ID



“We have to think of our future because the person we elect will be the leader of the country.”

Pfc. Billy Thompson
Co. B, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID



Photos by Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

KANDAHAR PROVINCE, Afghanistan — Spc. Zachary Rice (above), crew chief, Company C, 2nd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th ID, drops out supplies to Soldiers on the ground at a remote outpost during Speedball Operations, here, Feb. 22.



A UH-60 Black Hawk helicopter from Co. C, 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, flies through the mountains, during a mission, Feb. 22.



Flight crews from Co. C, 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, pull security during a mission.



1st Brigade, 205th Corps Afghan National army soldiers receive static load training from the Kandahar Air Wing with guidance from the 1st Bde. Combat Team, 25th ID, Fort Wainwright, Alaska, and 25th CAB, 25th ID, before conducting their first Kandahar Air Wing led air assault operation, Feb. 19.



A UH-60 Black Hawk helicopter crew from Co. C, 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, stops for fuel at a Forward Arming and Refueling Point, after conducting static load training with the Kandahar Air Wing, Feb. 19.

2nd BCT: New weapons increase unit’s ‘lethality,’ Soldier proficiency

CONTINUED FROM A-1

done in less than 30 seconds.”

The M320A1 grenade launcher provides many improvements over the previous model, the M203. The system has upgraded day- and night-vision sights and can even function as a stand-alone system as opposed to the M203 (grenade launcher), which needs a host weapon to mount to, Little said.

Spc. Blake Rogers, infantryman, 1st Battalion, 27th Inf. Regiment, 2nd BCT, added that the ease of use adds a level of comfort to op-

erating the weapon, further increasing Soldier proficiency.

“The ambidextrous safety switch is handy in that it is easily accessible, no matter which hand the shooter prefers to fire with,” Rogers said. “The pistol grip is similar in that you don’t necessarily have to change your firing hand. The barrel also opens outward to remove the empty shell casing, instead of sliding forward.”

Sgt. 1st Class Gery Bruce, training specialist, TACOM, said that he hopes the familiarization will help Soldiers accurately and effectively use the weapons.

“We want them to have a working knowledge of the weapon sys-

tems and all its components,” Bruce said. “We want them to be comfortable knowing how to operate the weapons, so that when they take these weapons to the range and load ammunition into them, they can focus more on their fundamentals and putting rounds on target.”

Little said that units that have received their M320A1s were scheduled to fire training rounds at a range, here.

Little said that the course gives 2nd BCT Soldiers the ability to pass on their skills to their team and squad mates, increasing the unit’s lethality down to the fire team level.

Barracks: HHBN to get new quarters

CONTINUED FROM A-1

The design-build construction contract for the 228 personnel barracks was awarded to Absher Construction Company in June 2011 for \$35.3 million. Tetra Tech is executing the design, with a contract completion date scheduled for August 2013. This project is Absher’s second with USACE-HD; the company recently completed the new barracks complex on Lyman Road, here. The five-story building will house Soldiers living in two-man suites that will come with a kitchenette and shared bath. Incorporating high performance and efficiency features throughout the facility, Absher is pursuing Leadership in Energy and Environmental Design Gold certification. The LEED certification represents a suite of rating systems for the design, construction and operation of high-performance green buildings, homes and neighborhoods. Project amenities include laundry facilities on each floor, boot wash stations at each ground floor entry, an exterior basketball court and a picnic/barbecue area.



Soldiers with HHBN, 25th ID, will call a building like the one pictured above, home in 2013. The building will house Soldiers in two-person, energy-efficient suites.

Participating in the traditional maile lei untying ceremony were Mulbury; Guttormsen; and Greg Helle, president, Absher Construction. The Rev. Dr. Kaleo Patterson of the Pacific Justice and Reconciliation Center led the Hawaiian blessing and maile lei untying and groundbreaking ceremonies.

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

6 / Tuesday
Museum Reopens — The Tropic Lightning Museum on Schofield Barracks reopens to the public, 10 a.m., March 6, following completion of a renovation project. Normal operating hours will resume 10 a.m.-4 p.m., Tuesday-Saturday. The museum is located at Building 361, on the corner of Waiānae Avenue and Flagler Road. Call 655-0438.

21 / Wednesday
Prayer Breakfast — U.S. Army-Pacific will conduct a National Prayer Breakfast for Hawaii-based Soldiers and Department of Defense civilians, 9:30 a.m., March 21, Nehelani, Schofield Barracks. Call Chaplain (Capt.) Heather Simon, at 655-1204, or email heather.j.simon@us.army.mil.

30 / Friday
Education Survey — The Hawaii State Department of Education is encouraging parents to complete a survey to help schools set priorities for improving programs and services. Schools began mailing surveys to homes in February. Parents whose children are enrolled in grades 4, 5, 7, 8, 9 and 11 will be asked to complete the survey and return it to the school no later than March 30. Individual survey responses are confidential. Email questions to sqs@notes.k12.hi.us or call 733-4008.

Ongoing

Hawaii Army Tax Center —

The Hawaii Army Tax Center at Schofield Barracks offers free assistance in organizing and completing 2011 income tax forms to all ranks, family members and retirees, on an appointment-only basis, 7 a.m.-4 p.m., Monday-Friday, through April 29, at Building 648, next to the Sgt. Smith Theater.

The Hawaii Army Tax Center at Fort Shafter is located in the Aloha Center, and is open 9 a.m.-3 p.m., Tuesdays and Thursdays. Soldiers, family members and retirees can schedule their appointments for either location by calling 655-1040. For a complete list of what tax documents to bring and updated wait times for walk-ins, visit www.Facebook.com and search for “Hawaii Army Tax Centers.”

Resiliency Training — Families Overcoming Under Stress, or FOCUS, offers resiliency training for Army families. During individual family sessions, families can learn skills to improve communication and identify strategies for dealing with deployment reminders. Training services are free of charge to military; confidential sessions are available during family-friendly hours. Call 257-7774 or email hawaii@focusproject.org.

Counseling Sessions — Military OneSource offers nonmedical behavioral health counseling sessions for service members and their families. These counseling sessions provide face-to-face counseling through affiliate providers; short-term, solution-focused telephonic consultations; and online consultations. Authorization is on a case-by-case basis. Visit www.MilitaryOneSource.com or call (800) 342-9647.

Ohana Clinic — Tripler Army

Medical Center’s Warrior Ohana Medical Home is accepting enrollment. The center is a full-service, primary care clinic and is open 8 a.m.-4:30 p.m., Monday-Friday, at 91-1010 Shangrila St., Ste. 100, in Kalaeloa. Call 433-5401/5402.

Financial Counseling — Army Community Service’s Financial Readiness Program provides one-on-one counseling to Soldiers and family members. Topics for discussion include credit repair, consumer affairs and complaints, and identity theft, car and home buying, investing, insurance, the Thrift Savings Plan and retirement. ACS Financial Readiness can assist in remedial, preventive and productive financial counseling. Call 655-4227 to schedule an appointment.

Prevention Tool — MyPrime is an online alcohol and substance abuse prevention and intervention training tool that provides Soldiers with the ability to self-assess their own high-risk behaviors and influence changes in attitude, belief and behavior. Modeled after the successful classroom-based training program and current Army Drug and Alcohol Prevention Training, PRIME for Life, myPRIME’s online training enables the Army to better serve deployed Soldiers.

Log in at <https://forums.army.mil/CommunityBrowser.aspx?id=1596430>.

TARP Training — Hawaii’s Army Counterintelligence Office holds monthly Threat Awareness and Reporting Program, or TARP training, throughout different locations in Hawaii. Call 655-1306/9501 for locations.



A squad from the 57th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, augmented with soldiers playing AUP assault enemy combatants during the company’s field exercise, at PTA, Feb. 18.

57th MP: Company trains in real-world environment

CONTINUED FROM A-1

tasks and familiarized themselves with weapons from AT4 rocket launchers to M240B machine guns.

After completing the ranges, the unit conducted scenario-based squad lane training, the same type of scenarios that a deployed MP may encounter.

With two-thirds of the Soldiers in the company new to the unit, and with a garrison mission focused on policing the community, some expected the squads would fall on their face, struggle to survive and fail.

However, for Staff Sgt. Steven Mariani, squad leader, 57th MP Co., the training was his squad’s time to shine. “My squad just clicked,” Mariani emphasized.

As the squad overcame obstacles and accomplished its mission, Soldiers like Pvt. Brittany Barris, a gunner in Mariani’s squad, created success from the ground up.

“Barris was brand new out of basic training; she was quiet. But when she got out here, she burst out of her shell, qualified expert on the 50 .cal, never

complained and excelled as Soldier,” Mariani said.

As the squad hustled through mock key leadership engagements, it manned checkpoints and rescued hostages.

All the scenarios shared one important skill set: interpersonal skills.

While many see MPs as just another form of infantry, MPs open more doors with their tongue than they do with feet. They take their ability to police the community in garrison to act as mini-ambassadors in combat.

“Every word you say can make it easier for everyone, or worse; it can mess things up for everyone,” Mariani said. “If you don’t have interpersonal skills, you don’t have patience and you won’t be able to take in the big picture.”

So, what is the big picture for the 57th MP Co.?

“We allowed these squads to not only work as individual squads, but showed how they fit into the company, and got our new Soldiers integrated into the unit,” Monzon said, adding, “(It’s) something they accomplished with their motivation, morale and training.”

TAMC, SBHC medical staff put focus on safety

Story and Photo by
STEPHANIE RUSH
Pacific Regional Medical Command Public Affairs

HONOLULU — Soldiers and civilians employees at Tripler Army Medical Center and Schofield Barracks met for a Soldier and patient safety stand-down, here, Feb. 17.

Per the Army’s patient safety regulation, patient safety programs are in place at each military medical treatment facility, or MTF, according to the U.S. Army Medical Department.

The Safety Stand-Down Day shared information among staff members and helped augment safety programs already in place at MTFs.

Patient safety topics discussed included pharmacy rules and regulations, medication safety, trauma assessment for nonlicensed staff and other general safety issues, such as dealing with an active shooter or infant abduction.

An employee or expert in the field presented each topic, helping to reinforce the safe care each area aspires to provide. When patients

Safety Stand-Down Day
See more photos from the stand-down event at

- www.flickr.com/TriplerAMC.

know the staff treating them are confident and can handle different situations, they feel safer.

“It’s important to hold events like this because they allow us to be all on the same page,” said Justin Jenks, triage and Red Team floor nurse, Family Practice Clinic, Schofield Barracks Health Clinic. “We know what issues are being experienced and are reminded how important it is to report issues. We are in an atmosphere that seeks to prevent safety issues.”

Soldiers weren’t left out of the day’s events. Soldiers from TAMC’s Troop Command listened to guest speakers, watched demonstrations and often took the reins themselves, learn-

ing firsthand about personal safety, such as preventing and stopping fires. They also received refresher information about the importance of never driving while intoxicated, and about sexual assault awareness and prevention.

“I really enjoyed the stand-down, especially the fire safety and Army Substance Abuse Program portions,” said Spc. Alexis-Michelle Duran, administrative clerk, Company A, Troop Command. “The fact that everything was hands-on ... and we learned exactly how fire extinguishers work ... was very helpful.

“The presentation on alcohol was really informative,” Duran continued. “The presentation taught me a lot of things I didn’t know, like just how much alcohol is in different types of mixed drinks and why a Long Island iced tea typically affects someone completely differently than a soda mixed with just one type of alcohol.”

This patient safety stand-down was the second held at TAMC and SBHC.



Pfc. Isabela Silva (left), Department of Nursing, TAMC, learns first-hand how being intoxicated affects motor skills while attempting to drive a go-kart while wearing “drunk goggles.”

Annual blood donor recognition ceremony highlights PRMC’s contributions

PACIFIC REGIONAL MEDICAL COMMAND
News Release

HONOLULU — As a combat medic, Sgt. 1st Class James Lee is well aware of how important having a reliable supply of blood is.

He found out just how important, firsthand. During a deployment to Iraq in October 2006, a grenade was thrown into the vehicle Lee was driving.

“It was a humbling experience to receive blood,” Lee said. “One minute you’re okay and the next minute, you’re fighting for your life.”

Lee, a medical operations noncommissioned officer with 18th Medical Deployment Support Command, was the guest speaker at the 8th Annual Donor Appreciation Luncheon, Feb. 3, at the Tradewinds Enlisted Club, Joint Base Pearl Harbor-Hickam.

Who can give blood?

Donors from all military branches, government employees, retirees, military family members, and civilians can donate to the ASBP. Though travel to certain areas, some medications and some medical conditions may temporarily, indefinitely or permanently restrict donations, most healthy adults are eligible to give blood.

Tripler Army Medical Center’s Armed Services Blood Program hosted the event.

“Everyone in this room who runs this program, you’re saving lives every day,” Lee said. “It’s a domino effect.”

Lee told the audience he had returned to Iraq in 2007. Less than a week after arriving in theater, a mortar round landed inside his forward operating base. Four people were injured, he said.

“I was one of the medics on scene, patching people up,” he recalled. “Imagine if I wasn’t there, if I didn’t make it. I just happened to be around the corner when that mortar round landed. I was at the right place, at the right time. It’s a domino effect,” he emphasized.

In his current job, Lee travels to countries around the Pacific working with first responders. He stresses the importance of medicine and sustainable blood programs.

“I wouldn’t be able to do that if someone didn’t donate and that blood wasn’t there for me,” Lee said.

Each year, Tripler’s Blood Donor Center hosts an appreciation luncheon to recognize the countless people who have donated blood. The event also encourages participants to recruit even more



donors and to host blood drives within their units.

Blood and blood products are used for patients of all ages, for many reasons. From cancer patients to surgical patients, to those with battlefield injuries, military members depend on blood donors every day.

By giving blood to the ASBP, donors ensure life-saving blood products are available whenever and wherever service members and their families are in need.

“Tripler’s Blood Donor Center program collects about 7,000-7,500 units of blood each year,” explained Michelle Lele, blood donor recruiter and coordinator at the center.

“Blood collected stays here at TAMC,” she explained, and “weekly shipments (go) to Afghanistan.”

Before ASBP was started, the military did not have a unified transfusion program. Blood and blood products were collected from military personnel exclusively during wartime.

In peacetime, and when wartime needs cannot be met, blood has to be purchased from civilian agencies.

“Blood is like a parachute,” said Navy Lt. Cmdr. David Koch, Joint Blood Program officer, U.S. Pacific Command, and the ceremony’s opening

- Donation Facts**
- You can save up to three lives with a single whole blood donation.
 - A trauma victim may require 40 or more units of blood.
 - A premature baby’s life can be sustained for two weeks by a single pint of blood.
 - Red blood cells have a shelf life of just 35-42 days.
 - Donors can give blood every 57 days and platelets up to 24 times per year.
 - Leukemia patients need up to eight units of platelets, daily, during treatment.
 - Platelets have a shelf life of five days.
 - Most medications do not prevent blood donations.
- Learn more about donating blood or find an upcoming blood drive near you by visiting
- www.militaryblood.dod.mil
 - www.facebook.com/militaryblood.

speaker. “You can’t jump without it. Whether you donate blood or your time to organize blood drives, we thank you and we applaud your efforts.

“Without you, we couldn’t do all the great things to assist the doctors with savings lives,” he added.

UPSCALE LIVING

Slimy residents fill gated community

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS — Army staff have welcomed the last incoming residents to a gated community high atop the Waianae Mountains.

Staff from Oahu Army Natural Resources Program, or OANRP, joined by the University of Hawaii’s Rare Snail Conservation Laboratory and the U.S. Fish and Wildlife Service, or USFWS, flew the remaining half of more than 300 kahuli tree snails (*Achatinella mustelina*) to their new home in a one-of-a-kind snail exclosure, Feb. 21.

Previously, the snails had spent the last two years in a temporary home at the UH snail lab.

“It’s very satisfying,” said Vince Costello, OANRP rare snail conservation specialist. “We’re bringing them back to either where they came from or where their ancestors came from.”

Costello and group introduced the first half of the snail colony, Feb. 8, but waited to introduce the second half to make sure the snails were doing OK in their new habitat, which consists of an exclosure almost the size of a basketball court.

Army and industry professionals designed the exclosure to safeguard the kahuli from voracious predators that have pushed this tiny Hawaiian native to the brink of extinction.

Predators like the cannibal rosy wolf snail (*Euglandina rosea*), mice, rats and the Jackson’s chameleon shouldn’t be able to snack on the kahuli inside the exclosure, thanks to its 4-foot tall surrounding wall with multiple layers of built-in protection: a buried wall portion, curved fence hood, solid-wall construction, electric wiring and special sections of wire bristles that cannibal snails can’t cross.

“I describe it as the management tool of the future,” Costello said. “It’s a unique project — one that’s never been built before — and we hope we’ll learn from it and be able to build others.”

The Army started monitoring the kahuli in 1995 as part of its mission to support Soldier training through the management of threatened and endangered species.

As the years passed, Army biologists noted an increase in snail predators and a nearly 50-percent decrease in the Waianae Mountains kahuli population, spurring them to action.

“This area is exceptional in its (kahuli) richness, (but) also exceptional in its astronomical numbers of (rosy wolf snails). It deserves an exceptional response to preserve what snails remain,” Costello wrote in his 2010 report detailing the situation.

The proposal to save the kahuli included temporarily relocating them to the care of the UH snail lab, with the



Photos by Tech Sgt Michael R. Holzworth | U. S. Air Force

A Jackson chameleon is displayed after being removed from a Schofield Barracks training range, Feb. 8.

intention of building the snails a home safe from predators. Today that vision is a reality with the help of conservation professionals from New Zealand and agencies like the USFWS.

“The service is excited about the completion of this snail exclosure because it provides a protected area where Oahu tree snails can once again thrive,” said Jess Newton, leader of the Endangered Species Recovery Program for USFWS’s Pacific Islands Fish and Wildlife Office.

“Currently 73 percent of these snail species are extinct and the remaining species are near extinction. To lose them, would be to lose a special piece of our local heritage.”

The kahuli were an important part of native Hawaiian culture: prized for their beautiful shells, referenced in folklore and songs, and used in lei and other ornaments.

“This effort could be the difference between extinction and survival,” Costello said.

He and other team members hope the exclosure will be a model for other agencies to use in the conservation battle.

In total, OANRP manages more than 100 threatened and endangered species on Oahu and the island of Hawaii. The team recently received an environmental award from the Secretary of the Army for its innovation and commitment to preserving Hawaii’s natural resources.



Vince Costello, rare snail conservation specialist with U.S. Army Garrison-Hawaii’s Oahu Army Natural Resources Program (OANRP), returns an endangered Hawaiian tree snail back into its natural environment, Feb. 8.

A helicopter performs a 500-pound sling load of endangered plants, Feb. 8, to be replanted on a mountain near Schofield Barracks.

Oahu Army Natural Resources Program

View photos, videos and learn more about Army natural resource efforts in Hawaii at:

• www.garrison.hawaii.army.mil/sustainability



Today

Right Arm Night — Back by popular demand, Right Arm Night is going country. Country music, an all-you-can-eat country style buffet and the unit competition begin at 4 p.m., March 2, at the Nehelani, Schofield Barracks. Tickets are \$5 in advance or \$8 the day of the event. Call 655-4466/0660.

3 / Saturday

Ladies Golf Clinic — Leilehua Golf Course holds a free ladies golf clinic from 1:30-3 p.m., the first Saturday of the month, at Leilehua Golf Course. The golf course is located near the H-2 off-ramp for WAAF. Call 655-4653.

4 / Sunday

Hike and Whale Watch — Enjoy whale watching and the beautiful coastline, 7:30 a.m.-1:30 p.m., March 4, with Outdoor Recreation. Cost is \$20. To register, call 655-0143.

6 / Tuesday

Magic Show — Every first Tuesday of the month, experience a magical evening of mystery, fantasy and comedy with magician Mark Mauricio. Event includes an all-you-can-eat-buffet. Doors open at 5 p.m.; show starts at 6:30 p.m. Cost is \$20 for ages 11 and older and \$12 for ages 10 and under. Call 655-4466 for reservations.

Knit and Hook — Bring your yarn, tools and works in progress, 5-6:30 p.m., March 6, to the Fort Shafter Library.

Teen Book Club — Teens are invited for refreshments and a book discussion at 4 p.m., March 6, at Sgt. Yano Library, Schofield Barracks. March's selection is "Hush, Hush" by Becca Fitzpatrick. Call 655-8002.

7 / Wednesday

BOSS Meeting — Single Soldiers and geographic bachelors are invited to attend Better Opportunities for Single Soldiers, or BOSS, meetings every Wednesday of the month to discuss community service projects and upcoming programs.

North community meetings are held at 3 p.m., every first and third Wednesday at the Schofield Barracks Tropics Warrior Zone. South community meetings are held at 10 a.m. every second and fourth Wednesday of the month at the AMR Chapel. Call Sgt. Rayburn, president, BOSS, at 655-1130.

Texas Hold 'em — Test your poker playing skills at 6 p.m., March 7, Hale Ikena, Fort Shafter. Enjoy



Courtesy Photo

The Honolulu Festival returns with a free weekend of Asia-Pacific culture, music and exhibits, March 3-4. Under the banner of "Pacific Harmony," the Honolulu Festival's theme for 2012 is "Bonding together, hand in hand." The Honolulu Festival was founded in 1995 as a celebration of music, art and culture to help promote cultural understanding and harmony between the people of Hawaii and Asia-Pacific.

Honolulu Festival returns with free weekend of Asia-Pacific culture

HONOLULU FESTIVAL FOUNDATION News Release

HONOLULU — The Honolulu Festival returns March 3-4 with a full slate of music, dance, crafts, arts, special exhibits and fireworks displays presented by the people of the Asia-Pacific region.

Following performances, March 4, the festivities shift to Waikiki for the festival's finale. Visiting performers will entertain in the Waikiki Grand Parade on Kalakaua Avenue, starting at 4:30 p.m., followed by the Nagaoka Fireworks Show making its first appearance outside of Japan to light up the skies over Waikiki Beach.

"We encourage everyone to come out and show their support for our visiting performers and celebrate the beauty of our different cultures in the Pacific Rim," said Keiichi Tsujino, president, Honolulu Festival Foundation.

"With free admission and the variety of all there is to enjoy, the Honolulu Festival is perfect for family fun and entertainment," Tsujino added.

Presented under the banner of "Pacific Harmony," the theme for this year's Honolulu Festival is "Bonding together, hand in hand."

More than 4,500 performers and visitors are coming to Hawaii from Asia-Pacific, mostly Japan. Performers representing the cultures of Japan, China, Taiwan, Korea, Australia, the Philippines, Canada, Alaska, the mainland U.S. and Hawaii will entertain guests with displays of music and dance.

"The Honolulu Festival is a great opportunity to celebrate our wonderful cultural traditions and share with our Pacific Rim neighbors," said City and County of Honolulu Mayor Peter Carlisle.

The international visitors coming to Hawaii for the Honolulu Festival will help boost the economy, adding an estimated \$11 million in visitor spending and \$1.1 million in tax revenue for weekend events. In addition, more than 75,000 residents and visitors are expected to enjoy the cultural performances, parade and fireworks.

"We are looking forward to welcoming the visitors for this year's Honolulu Festival," said Mike McCartney, president and CEO, Hawaii Tourism Authority. "Every year the festival draws thousands of visitors to the Hawaiian Islands to celebrate the unique cultures that make up Asia-Pacific. We are pleased to support events like the Honolulu Festival, that not only draw visitors, but highlight what makes Hawaii so special through our people, place and culture."

Honolulu Festival

Admission to Festival performances and exhibit displays are free to everyone. Performances and displays are 10 a.m.-5 p.m., March 3, and 10 a.m.-3 p.m., March 4, at these locations:

- Hawaii Convention Center, 1801 Kalakaua Ave., Honolulu.
- Ala Moana Center, 1450 Ala Moana Blvd., Honolulu.
- Waikiki Beach Walk along Lewers Street, Waikiki.

Follow updates on Twitter (@honfestival) and become a fan of the festival's Facebook page (Honolulu Festival).

- Visit:
- www.honolulu festival.com

food and drink specials while playing for prizes. Call 438-1974.

Pajama Storytime — Children of all ages can wear their pajamas, 6:30-7 p.m., March 7, Sgt. Yano Li-

brary, Schofield Barracks, for bedtime stories. The March 7 theme is "Welcome Springtime."

9 / Friday
Intramural Tennis — Bring

your best skills to the tennis court. The men's and women's tennis entry deadline is March 9. Game dates are March 26-30. Call 655-0856.

See MWR Briefs, B-3

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

3 / Saturday

Outrigger Canoe Paddling — Located across from Jameson's Restaurant by the white canoes on Haleiwa Beach Park, the North Shore Canoe Club's open house at 8 a.m., March 3, will provide information about Hawaii's state sport. Practice starts at 5 p.m., March 5. Call 753-7974 or email northshorecanoeclub@gmail.com.

Military Surf Contest — The Marine Corps' Semper Fit aquatics program invites surfers from the military community and public to compete in the Kuau Rockin' Surf competition, 7 a.m.-4:30 p.m., March 3-4, at Pyramid Rock Beach, Kaneohe Bay. Registration fees are \$20 for military and \$30 for civilians. Call 254-7655.

6 / Tuesday

Museum Reopens — The Tropic Lightning Museum on Schofield

Barracks will reopen to the public starting 10 a.m., March 6, following completion of a two-month renovation project. Normal operating hours will resume, daily, 10 a.m.-4 p.m., Tuesday-Saturday. The museum is located on the corner of Waianae Avenue and Flagler Road in Building 361. Call 655-0438.

8 / Thursday

Curriculum Night — Join an evening of sharing from 5-7 p.m., March 8, at Wheeler Middle School, WAAF. Students' work from language arts and social studies classes will be on display. Call 622-6525 or email karen_hunter@notes.k12.hi.us.

13 / Tuesday

Live and Learn 101 — Young and old are invited to join Island Palm Communities and 30 other partners at the Live and Learn 101 event, 2-4 p.m., March 13, at the Kaena Community Center, across from Solomon Elementary School, Schofield Barracks. Dozens of hands-on, educational, interactive exhibits will feature health, fitness, nutrition, early/higher education, environmental impact, work skills, arts and crafts, water and home safety. Call 275-3159.

17 / Saturday

Safety Seat Checkup — Safeguard your keiki with a free car safety

seat checkup, 9-11:30 a.m., March 17, Schofield Barracks, across the street from the police station on Lyman Road and Flagler Avenue. This preventative inspection is sponsored by the Military Police, Tripler Army Medical Center and the Keiki Injury Prevention Coalition. Call 655-0794 or 433-2842 for more details.

22 / Thursday

Luncheon — Hui O Na Wahine, the all-ranks Army spouses club, is hosting "A Better You" luncheon starting at 10:30 a.m., March 22, at the Nehelani, Schofield Barracks. Cost is \$15 for members includes lunch. Email hui onawahine@gmail.com or go to www.schofieldspouses.com for membership information.

24 / Saturday

Dog and Cat Adoption — The Hawaiian Humane Society will have dogs and cats available for adoption from 10 a.m.-1 p.m., March 24, in front of the Exchange, Schofield Barracks. A small adoption fee includes benefits and services valued at more than \$250. All adoptions include two weeks of post-adoption medical support, as well as lifetime behavior support. Call 356-2223 or visit HawaiianHumane.org.

Ongoing

Food for Families — The Armed

Services YMCA at WAAF has an emergency food locker that assists military families who are experiencing financial difficulty. Available are supplies of canned goods, frozen food, dry goods and personal care items. Call 624-5645.

Parent Participation

Preschool — This program is for children ages 3-4, and it helps preschool children make a smooth transition into the structure of kindergarten. Preschool days are 12-2 p.m., Tuesdays and Thursdays, Wheeler Armed Services YMCA, WAAF. Cost is \$40 per month. Call 624-5645 to register.

Veterinary Treatment Facility

— The Schofield Barracks Veterinary Treatment Facility sees patients five days a week, with extended hours every third Wednesday of the month until 7 p.m. Book an appointment for the new Wellness Package for affordable preventative care or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call 655-5893 or 655-5889.

RAP Meeting — Get involved in your community by attending your community's Resident Advisory Panel, or RAP. IPC residents can develop and strengthen their relationships with property management and fellow residents through the RAP.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

- AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers' Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Monday, 6 p.m. at PH (Bible Study)
- Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR

Single Soldiers' Bible Study

- Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service

- Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aaes.com under realtime movie listing.

Extremely Loud and Incredibly Close

(PG-13)
Fri., March 2, 7 p.m.

Puss in Boots

(PG)
Sat., March 3, 4 p.m.



Underworld: Awakening

(R)
Sat., March 3, 7 p.m.

Cars 2

(PG)
Sun., March 4, 2 p.m.

Red Tails

(PG-13)
Wed., March 7, 7 p.m.

Haywire

(R)
Thurs., March 8, 7 p.m.

No shows on Mondays or Tuesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan

AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and Recreation
FRG: family readiness group
HMR: Helemano Military Reservation

IPC: Island Palm Communities
SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
WAAF: Wheeler Army Airfield

Engineers repair sidewalks at Richardson Pool

STAFF SGT. DREXEL HOLLIDAY
26th Concrete Detachment,
84th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The timeworn and aged asphalt sidewalks that provided a rough travel surface for Soldiers and Army families at Richardson Pool, here, are gone. The sidewalks have been replaced with concrete, providing a smoother, more aesthetically pleasing surface to walk, run and bike.

Soldiers from 3rd Platoon, 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, spearheaded the project with support from the 26th Concrete Detachment, 84th Eng. Bn. The two units worked on the project from Dec. 19-Feb 6.

The 514-linear-foot section now has ramps that are in compliance with the Americans with Disabilities Act, allowing easier travel for family members, Soldiers, visitors and retirees.

“I remember walking along this stretch of sidewalk when staying temporarily at the Schofield Inn and running into uneven areas,” said Sgt. Corey Keglovitz, 26th Concrete Det. “I thought, how great it would be to be able to repair this area. Little did I know that I would actually be out on this very site participating in the repair.

“Now when I drive by, I proudly show my son and wife where I was during some of those late days,” Keglovitz added.

The project encompassed removing the existing asphalt sidewalk, replacing it with a new concrete sidewalk and increasing the width from four to five feet. Also, a nine-foot-



2nd Lt. Robert Leedham | 84th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

Soldiers of the 643rd Eng. Co and 26th Concrete Det., which both fall under the 84th Eng. Bn.,130th Eng. Bde., 8th TSC, work together to complete the Richardson Pool sidewalk project at Schofield Barracks, Feb. 6.

wide access road was excavated and installed for the Richardson Pool.

Fifty tons of asphalt, concrete, dirt and root sections were removed prior to the emplacement of formwork and barriers.

Soldiers executed the project accident free and to standard.

“I am proud of what we do as engineers and

honored to be able to have a tangible impact that our family members can see,” said Sgt. Teresa Faliniko, project manager, 643rd Eng. Co., 84th Eng. Bn.,130th Eng. Bde., 8th TSC.

Youth study says participation pays

JOHN T. MEDLOCK
Directorate of Family and Morale, Welfare and Recreation;
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Youth ages 11-18 within U.S. Army Garrison-Hawaii can earn a \$15 Amazon gift card by taking a 30-45 minute computer survey, March 7-13.

Their families will earn a \$25 gift card for their time.

The survey, called the Youth Social Relationship Study, or YSRS, is designed to better understand how social relationships with friends, classmates, family members, Child Youth and School Services program staff and others affect the well-being of Army youth.

Youth can tell researchers what kind of programs and activities are they involved in, who are the important people in their life and how they connect with others.

Survey answers will provide information concerning the following:

- Programs and activities that build youth strength and resilience;
- Interconnecting social networks and relationships;
- The importance of social relationships for youth growth and development;
- How organized programs and activities, especially ones that are CYSS-related, help youth build positive relationships with other youth and caring adults; and finally,
- Ideas that CYSS leadership can use to develop and support programs that make a difference.

The local study is funded by CYSS, Directorate of Family and Morale, Welfare and Recreation, USAG-HI. The University of Georgia’s Department of Child and Family Development created the survey.

The same survey will be conducted at Fort Lewis-McChord, Wash., in late March; Graf-Vilseck-Hohenfels, Germany, in mid-April; and Fort Drum, NY, in late May.

More than 1,000 young people are expected to take the survey.



Youth survey information

University of Georgia researchers will be on Oahu, March 7-13, to conduct a 30-45 minute online survey at Youth Center computer labs at Aliamanu Military Housing, Fort Shafter and Schofield Barracks. Survey slots are limited and will be assigned on a first-come, first-served basis.

Parents and guardians can register for the survey using one of the following methods:

- www.UGAstudy.org.
- www.himwr.com.
- Calling CYSS at 655-0095.
- On-post Youth Center computer labs.

2012-13 kindergarten registration begins

BYRON NAGASAKO
School Liaison Office
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Kindergarten registration is now open for the 2012-13 school year.

The Hawaii Department of Education, or DOE, encourages all parents to register their keiki for junior or regular kindergarten.

Keiki born in 2007 are eligible for the program.

Keiki who will be 5 years old on or before Aug. 1 may enroll in regular kindergarten; keiki who will be 5 years old between Aug. 2-Dec. 31 may enroll in junior kindergarten.

Although kindergarten is not mandatory in Hawaii, Army families are highly encouraged to consider registering into the program.

According to www.education.org, “Kindergarten plays a very essential role in early childhood development as it gives young students the opportunity to gain exposure both in and out of the classroom. Though it is not a requirement in many states, there are many benefits of enrolling your children in a kindergarten, from emotional and social growth to better academic skills.”

Kindergarten teachers recommend that before keiki start kindergarten, they attend a preschool or kindergarten readiness program, such as the Strong Beginnings Pre-K program offered at Army child development centers.

Strong Beginnings Pre-K is an Army initiative designed

to prepare keiki for kindergarten. The program provides a greater academic focus covering science, math, language/literacy, social studies and physical fitness, preparing the whole child for school success.

“(Strong Beginnings) has been extremely successful,” said Debra Blanchard, coordinator, Child and Youth School Services. “We want to increase our numbers, and we want to increase awareness.”

Another program is the Schools of Knowledge, Inspiration, Exploration, and Skills, or SKIES. This program offers preschool writing and reading twice a week.

Also, the Wheeler Armed Services YMCA offers preschool days to help keiki make a smooth transition into the structure of kindergarten.

Kindergarten Registration

Parents registering their keiki for kindergarten need to provide schools with the following documents:

- Birth certificate;
- Proof of residency, such as housing documents and utility bills; and
- Medical records documenting immunizations and physical and tuberculosis examinations, which will transferred onto the DOE Student’s Health Record.

• Visit www.doe.k12.hi.us or call the School Liaison Office at 655-8326.

IPC, Garrison seeking ‘trash-formation’ artists

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — April is Earth Month. U.S. Army Garrison-Hawaii and Island Palm Communities are partnering to create exciting activities for Soldiers and their families to enjoy throughout the month.

IPC and USAG-HI are partnering to present the Annual Fun Fest and Earth Day Fest, April 7, here.

To help kickoff festivities, IPC and the Sgt. Yano Library will host the annual recycled art contest, “Trash-formation.” Built around the theme, “Reduce, Reuse, Recycle,” the contest is open to all ages: kids, teens and adults.

Awards will be presented to winners the following age categories:

- Ages 5-10;
- Ages 11-13;
- Ages 14-17; and
- Ages 18 years and older.

Participants can assemble their masterpiece from repurposed materials that would have ended up in the trash. Items such as scrap metal, used computer parts, newspaper, old clothing, aluminum and plastics can be used.

Art pieces must convey the message of reducing, reusing



and recycling.

All entries will be displayed and judged at the Annual Fun Fest and Earth Day Fest. Awards will be presented to winning entries.

Trash-formation

Pick up an entry form for the annual Trash-formation recycled art contest, “Reduce, Reuse, Recycle,” at the Sgt. Yano Library, Schofield Barracks, at all Island Palm Communities community centers and at

- www.IslandPalmCommunities.com/Go/Trashformation



CONTINUED FROM B-2

Army Training Holiday Bowling — Special at the Fort Shafter Bowling Center, enjoy two free games with the purchase of a daily lunch special or any sandwich com-

bo meal deal from 11 a.m-4 p.m. Call 438-6733.

17 / Saturday

St. Patrick’s Day Bowling Special — Come in with a green shirt and “buy one game and get one” on us from 9 a.m.-5 p.m., March 17, at the Schofield Barracks Bowling Center. One offer per person for the day. Call 655-0573.

21 / Wednesday

Chant Workshop — Sign up for the interactive workshop on Hawaiian chanting, 5:30-7 p.m., March 21, Sgt. Yano Library, Schofield Bar-

racks. Workshop participants will be introduced to various styles of Hawaiian chanting and voice techniques. To register, call the Native Hawaiian Liaison Office at 655-9694 or email nhliaison@gmail.com.

Ongoing

Free Hula Classes — The Native Hawaiian Liaison Office, USAG-HI, conducts free hula classes for Soldiers and families. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com. Class dates follow:

- Mondays, Kalakaua Community Center, Schofield Barracks.
- Tuesdays, AMR Community Center.

Vehicle Safety Inspection — Don’t forget to check your vehicle inspection sticker located on your vehicle’s right rear bumper to see if it’s about to expire or already has. No appointment is necessary. Call Fort Shafter’s Auto Skills Center at 438-9402 or Schofield Barracks at 655-9368.

One Buck Bowl — Bowl for \$1 every Wednesday, 1-4 pm., Feb. 29, at

the Fort Shafter Bowling Center. Shoe rental isn’t included. Call 438-6733.

Kids \$1.99 Meal — Every Wednesday night, children under 10 can eat for \$1.99 at the Kolekole Bar and Grill at Schofield Barracks or Mulligan’s Bar and Grill at Hale Ikena.

TAMC Physical Fitness Classes — Active duty Soldiers and their family members can show their military ID at TAMC’s Physical Fitness Center to sign up for free classes. Cost for Army civilians is \$4 per class or \$25 per month. Call 433-6443.



1st Lt. Paulina Ziminska (center), 84th Eng. Bn., 130th Eng. Bde, 8th TSC; and Lt. Col. Daniel Koprowski (left), commander, 65th Eng. Bn., head down the home-stretch during the 18th annual Swamp Romp at Marine Corps Base Hawaii, Saturday.

Romp inspires muddy fun

Story and Photos by
SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

MARINE CORPS BASE HAWAII, Kaneohe Bay — Can’t catch good footing. Mud and water waist deep. The ground claiming shoes. Obstacles impeding every move. ... And those were just the easy parts! Welcome to Marine Corps Base Hawaii’s 18th annual Swamp Romp, where a normal five-mile run turns into the dirtiest slip and slide that anyone has ever seen. This year, the run attracted more than 2,400 participants, including many military service men and women. That’s 414 six-person teams running minutes apart from each other. Although distinguishing one person from another was not easy, by the end of the race, due to everyone being covered in black and brown sludge, many tried by showing their creativity at the start of the race. There was a team of mimes, a team of dress-casual professionals, a team of superheroes, a team from the “Wizard of Oz” and a team of hillbillies. There was even a team of kids all under the age of 13. “Team 8” was made up of senior non-commissioned officers from the 8th Theater Sustainment Command, led by Sgt. Maj. Victor Rodriguez, senior enlisted leader of the 8th TSC supply section. Team 8 finished fourth in the men’s masters category.

“We all had a great time today,” said Rodriguez. “The course this year was a lot tougher than last year’s because there was a lot more mud to deal with.” Sgt. Maj. Brad McDonald, senior retention NCO, 8th TSC, also a member of Team 8, said that he was lucky to have finished at all. “There was a lot of mud,” said McDonald. “I watched people get stuck, some couldn’t move, some fell flat on their faces, but it was a lot of fun.” When asked if he fell down at all, McDonald said, “Just look at me! It’s hard to believe I was ever on my feet! I fell twice, but I was able to get back up on my feet and keep moving, where as some of the people I saw go down would get stuck and just couldn’t get back up.” Another team comprised of 8th TSC Soldiers finished third in the women’s open category. “We had a great time,” said Staff Sgt. Dara Palmer, NCO in charge of the secretary to the general’s staff, 8th TSC. “It was very muddy, but we had a very cohesive team that wouldn’t let anyone quit or slow down. We worked together to finish together, and it paid off.” Win or lose, all participants had one thought in common: “When can we do this again?” “The only thing that would keep me from doing this again next year is having to deploy,” McDonald said.



An 8th TSC team joins more than 2,400 participants as they trudge through the muddy water during the 18th annual Swamp Romp at Marine Corps Base-Hawaii, Saturday.

8th STB, Webling Elementary students ‘Jump Rope for Heart’

Story and Photos by
SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

AIEA — An 8th Theater Sustainment Command unit helped a local school raise about \$5,000 for Hawaii’s chapter of the American Heart Association, or AHA, by jumping rope, here, Feb. 22. Soldiers from the 8th Special Troops Battalion, 8th TSC, teamed up with students from the Gustav H. Webling Elementary for the AHA fundraiser, “Jump Rope for Heart.” Students received pledges for more than a month from community members, family and friends to support heart health while also staying healthy. “The organization (AHA) is well known and does a lot of positive things for the community,” said Elizabeth Okamoto, school counselor and event coordinator. “The kids love the American Heart Association of Hawaii and were excited when we told them that we were going to do Jump Rope for Heart.” The AHA, whose motto is “Learn and Live,” helps the community by sticking to four pillars: community, health care, education and research.

“Besides helping out a great organization like the American Heart Association, we are promoting a healthy lifestyle to the students here at the school,” said Sgt. Phillis White, retention noncommissioned officer, 8th STB. “We want to make the kids aware of the importance of being healthy. That’s why we also come out several days during the month and provide physical education for the entire school.” Every Wednesday, 8th STB’s Soldiers visit the school to conduct calisthenics and other exercises, so students understand that being healthy is important. “We want to keep healthy and have healthy habits,” said Sherry Yamada, principal, Webling Elementary. “Our main goal is to just promote a healthy lifestyle. We’re very fortunate to have the Soldiers come out and help us so often. “We have noticed that a lot of the children are able to physically do a lot of the things that are asked of them because of the physical education training the Soldiers have been providing on a weekly basis,” Yamada added.



Spc. Quinton Booker, command team driver, 8th STB, 8th TSC, carries a student from Gustav H. Webling Elementary school across the hopscotch during “Jump Rope for Heart”, Feb. 22.



Sgt. 1st Class Lachelle Johnson, support operations, 8th STB, 8th TSC, swings a jump rope around for two students during the event, Feb. 22.

“The Soldiers that are most involved are big kids at heart,” White said. “These Soldiers are always getting involved and asking when they can come back. It’s fun to see the kids smile and enjoy themselves, and when they enjoy themselves, we do too.”

Awareness, daily good habits prevent risk of gum disease

LISA YOUNG
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — Gum diseases are serious infections that can lead to tooth loss.

That’s why clean and healthy teeth and gums are more important than for just an attractive smile.

Unfortunately, the beginning stages of gum disease are not painful and often go unnoticed.

Many people develop gum disease to a varying degree in early adulthood, sometimes due to persistent hormonal changes.

Gum or periodontal disease begins when the bacteria in plaque — the sticky colorless film that is constantly being formed on the teeth — causes the gums to be infected and swollen. If the plaque is not removed, it turns into a hard deposit called tartar that is trapped at the base of the tooth and irritates the gums.

The mildest form of periodontal disease is gingivitis. It often occurs when a person does

not brush and floss their teeth adequately, or have regular cleanings with the dental hygienist.

The symptoms of gingivitis are not usually painful. They include the following maladies:

- Bleeding gums, particularly when teeth are brushed;
- Bright red gums;
- Gums that are tender when touched, but otherwise painless;
- Swollen gums; and
- Shiny appearance to gums.

Gingivitis is reversible with professional treatment and good oral care. If left untreated, however, gingivitis can progress to periodontitis, which occurs when plaque and bacterial infection grow below the gum line.

Over time, toxins produced by bacteria stimulate an inflammatory response in the body, so that the tissues and bone that support the teeth are broken down and destroyed. As the disease progresses, the gums separate from the teeth and the spaces between the teeth and gums

deepen and eventually more gum tissue and bone are destroyed.

The risk of periodontal disease is increased by these things:

- General illness;
- Poor dental hygiene;
- Pregnancy, due to hormonal changes that increase gum sensitivity;
- Uncontrolled diabetes;
- Misaligned teeth; rough edges of fillings; ill-fitting braces, dentures, bridges or crowns; and
- Certain medications, e.g., phenytoin, birth control pills and heavy metals.

The goal of treatment for periodontal disease is to reduce inflammation. Generally, teeth are professionally cleaned by a dentist or a dental hygienist to loosen and remove the plaque and hard tartar from the teeth.

Getting teeth cleaned at least twice a year, and possibly more often, is required to keep the build-up of plaque off the teeth. Careful oral hygiene, on a daily basis, is needed thereafter.



Gum Disease
Learn more about gum disease at:

- www.ada.org.
- www.cdc.gov/OralHealth/.

Tricare offers new dental coverage for reserve components

TRICARE
News Release

FALLS CHURCH, Va. — National Guard and Reserve members — those separating from active duty after an activation of greater than 30 days in support of a contingency operation — began receiving the same dental care benefits as active duty service members, as of Jan. 27.

The Tricare Active Duty Dental Program, or ADDP, now provides coverage to these members in the Transition Assistance Management Program, or TAMP.

ADDP beneficiaries receive active duty dental benefit services as long as referral and/or authorization requirements are met prior to receipt of care.

Authorizations will not be granted for any dental care procedure that cannot be completed within their 180-day maximum TAMP period.

TAMP provides 180 days of transitional health care benefits to help certain uniformed services members and their families transition to civilian life. Benefits begin the day after the service member is separated from active duty.

Family members and dependents aren’t eligible for ADDP benefits under TAMP, but remain eligible to purchase coverage through the Tricare Dental Program, or TDP.

Eligibility is verified by ADDP contractor United Concordia Companies, Inc. using the Defense Enrollment Eligibility Reporting System, or DEERS.

All Tricare beneficiaries are advised to keep their enrollment information updated in DEERS; if eligibility can’t be confirmed, ADDP dental care is denied.



Tricare Dental Benefits

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Learn more about your dental benefits at these sites:

- www.tricare.mil/tamp.
- www.addp-ucci.com.
- www.tricaredentalprogram.com.

TriWest launches blog for military spouses

TRIWEST
News Release

PHOENIX — TriWest has launched its first blog, ‘Healthy Homefront,’ specifically designed to reach military spouse bloggers and families at <http://bit.ly/HealthyHomefront>.

Every week, TriWest representatives will update the blog with Tricare info, healthy living tips, and more.

Military spouses are encouraged to sign up for email notifications through the TriWest blog, and re-post the information to other members of the military community.